

DC THYMES

THE OFFICIAL NEWSLETTER OF THE W. GALEN WESTON CENTRE FOR FOOD

SPRING 2017



FOOD FOR THOUGHT

Celebrating the start of something amazing.

Spring is all about new beginnings, and here at Durham College (DC) we are enjoying a few of our own! For starters, we are thrilled to welcome Chef Raul Sojo to the W. Galen Weston Centre for Food (CFF) as the new executive chef for Bistro '67. Bringing his fresh take on field-to-fork dining, Chef Sojo has much to offer our students, patrons and community.

For many students, spring also marks the beginning of their post-secondary journey, with college acceptance offers arriving and opening up a world of possibilities. We're looking forward to hosting these new and prospective students at our annual Spring Open House taking place Saturday, March 25 from 10 a.m. to 2 p.m. and hope to see you there!

The entire DC family is also continuing to celebrate the Start of Something Amazing, the theme for the college's 50th anniversary festivities. If you haven't already done so, visit www.durhamcollege.ca/50 to get involved.

Finally, if you're looking to start your own something amazing, try a CFF cooking experience class or demonstration. From baking up Mother's Day magic and gluten-free cooking to beer and wine appreciation and much more, you're sure to find the right class to help you master new skills and spark your kitchen creativity.

Wishing everyone a fresh start to the new season!
Your CFF team



ABOUT THE W. GALEN WESTON CENTRE FOR FOOD (CFF)

Focused on the field-to-fork concept, and supported by ambassador and celebrity chef Jamie Kennedy, the CFF opened to students in September 2013. Home to Durham College's programs in baking, culinary, food and farming, horticulture, hospitality, and event management, the building boasts numerous sustainable

features and extensive grounds that include an apple orchard, agricultural planting fields, gardens and greenhouses that support applied learning and research while growing produce for use in the CFF's kitchens and laboratories, as well as Bistro '67 and Pantry.

For more information, please visit www.durhamcollege.ca/CFF.



Meet and eat with...

Marvette McLaughlin

**PREP COOK, BISTRO '67
STUDENT, ADVANCED BAKING AND PASTRY
ARTS PROGRAM**

Why is the CFF important? It's more than just a school or restaurant – it combines the best of both worlds. Whether you're in a lab learning or down in the atrium catering an event, it's an amazing space to work and study.

What is your role at the CFF? As a prep cook, I work mainly in what's called the garde manger area of the kitchen, where we prepare our cold dishes, like salads, appetizers, etc. Each time I come to work, I learn something new; everything from a new plating style to a new dessert item or just coming up with something on my own. I'm also a student in the Advanced Baking and Pastry Arts graduate certificate program where I'm building on the skills I acquired while completing my Culinary Management diploma.

**FIND ONE OF MARVETTE'S
ORIGINAL RECIPES ON PAGE 6!**

Which dish is your favourite at Bistro '67? Chef Peter makes the most succulent, tender Ontario-farmed beef striploin, and I love the Earl Grey crème brûlée for dessert. The restaurant is fast becoming world-class and I am excited to be on the journey.



BISTRO '67 TAKES STUDENT PROJECT TO MARKET

DC Advertising students from the School of Media, Art & Design recently put their skills and studies to the test to design a promotion for Bistro '67 as a class assignment. The winning project by Stephanie Hanna and Katie Miskelly, "It Takes Two, Baby," is currently being featured at the restaurant on Wednesday nights. The dynamic ad duo was also awarded – you guessed it! – lunch at Bistro '67 to celebrate their achievement.



Wine
Country
Ontario™

Restaurant Recognition

We Love Wine Country Ontario designation for Bistro '67

The restaurant's latest industry accolade comes from the Wine Country Ontario program that recognizes restaurants from across Ontario that proudly serve Ontario VQA wines at their establishments. Bistro '67 incorporates Ontario wines into many of its specials, including its Wine & Cheese Thursdays that offer the Bistro '67 cheese board and two glasses of local feature wine for \$25 plus tax. Salute!

The CFF welcomed more than 30 international students for its fall and winter semesters, including Ikra Ijaz from Dubai, United Arab Emirates, seen here enjoying her first snowfall!



A NEW CHEF IN TOWN BISTRO '67 WELCOMES NEW EXECUTIVE CHEF, RAUL SOJO

Durham College (DC) is proud to welcome Chef Raul Sojo to the DC family as the new executive chef, Bistro '67, at the CFF.

In this position, Chef Sojo is responsible for the field-to-fork food operations of Bistro '67, DC's full-service, teaching-inspired restaurant. He also works closely with students and faculty from the CFF's academic programs to help prepare the next generation of food and hospitality professionals.

Chef Sojo brings deep culinary expertise and experience to Bistro '67. Most recently, he held the positions of chef de cuisine at the Oshawa Golf Club and executive chef and owner of RSVP Chef and Catering Services. In addition, he is a collaborator with a food magazine in Colombia and has taught for DC part-time. Chef Sojo holds Red Seal Certification and a diploma in Culinary Management.

From Bistro '67's state-of-the-art kitchen and learning environment, Chef Sojo creates unique dining experiences for patrons. He designs and executes fresh, inspiring menus that incorporate his passion for field-to-fork.



THIS AIN'T YOUR TRADITIONAL MAC N' CHEESE — IT'S EPIC.



On Saturday, April 8, Durham College (DC) will challenge grade 11 and 12 students to put their culinary skills to the test in its third annual Epic Mac N' Cheese competition. Hosted at the CFF, the event gives students interested in pursuing studies in culinary arts, hospitality or special events planning a chance to win a bursary toward tuition for a full-time program at the college.

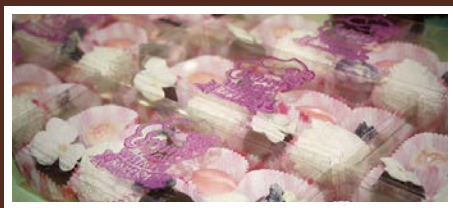
Past recipes have included ingredients such as Muenster, blue and Gouda cheeses, merguez sausage, seafood, caramelized pears, a variety of fresh herbs and spices, and so much more! We can't wait to see what this year's contestants come up with.

Are you a student? Put your recipe to the test! Team up with a partner and develop a recipe for Canada's favourite comfort food that is sure to be the most epic mac n' cheese ever!

Visit www.durhamcollege.ca/macncheese for all the details!

THE ICING ON THE CAKE

STUDENT POP-UP BAKE SHOPS COMING TO CAMPUS



The sweet and savoury smells of delicious baked goods will fill the halls of the CFF this spring as teams of students in DC's Advanced Baking and Pastry Arts program set up shop on Saturday, April 8 from 9:30 a.m. to 1 p.m. (or until supplies run out!) Community members will be able to stock up on a variety of breads, preserves and confections as students bring their semester-long capstone projects to life in a collection of pop-up Bake Shops.

In addition to producing the goods that will be on sale, students are also responsible for the marketing, budgeting, packaging and decision-making for all elements of their shops. Using the skills acquired in their program, they will create the products, determine how they will be displayed, create a pricing strategy and use their sales skills to encourage customers to make purchases.

Come out to satisfy your sweet tooth and celebrate our next generation of baking entrepreneurs!



FROM OUR KITCHEN to yours



MARVETTE'S STEW PEAS

1 pound red peas or beans

3/4 pound salted or pickled beef

3/4 pound stew beef

1 sprig of thyme

2 stalks of green onions

1 scotch bonnet pepper (stem in)

2 cups coconut milk

Salt and pepper to taste

Spinners (dumplings)

- Soak peas and pickled beef in water separately overnight to soften and get rid of excess salt.
- Place meat and peas together in a large saucepan with enough water to cover. Simmer for two hours until peas are cooked.
- Add coconut milk, thyme, green onions, scotch bonnet, and spinners to saucepan.
- Season with salt and pepper and cook until flavours are mixed and stew thickens slightly (about 30 minutes).
- Serve with hot plain rice or boiled sweet potato.



CAESAR NOIR

1 oz. Tag vodka

3 oz. Brock Street Porter

0.5 oz. spicy bean pickle juice

3 oz. Clamato

Worcestershire sauce

Tabasco sauce

Cajun seasoning

Spicy beans

Olives

Lime wedge

- Rim a water glass with Cajun seasoning.
- Pour vodka, Clamato and pickle juice into the glass.
- Fill with ice.
- Add Worcestershire and Tabasco sauces to taste.
- Top with Brock Street Porter.
- Garnish with spicy beans, olives and a lime wedge.



Visit www.durhamcollege.ca/siebelbrew to learn more about DC's craft brewing courses!

PANTRY

Let's get fresh

Fill your freezer Fridays!

Buy three student-prepared items at the Pantry and the fourth is free!

Located in the CFF at the Whitby campus.

www.dcpantry.ca



IT TAKES TWO, BABY

Create your own experience for just \$50 for two.

www.bistro67.ca



CFF EVENTS AND CATERING

Conveniently located just north of the 401 in Whitby, Ont., the CFF is a modern, green-certified venue that can accommodate a variety of events from intimate board meetings and presentations to receptions and celebrations to corporate functions, dinners and trade shows.

With 7,500 square feet of contemporary function space, our beautiful meeting centre offers state-of-the-art audio-visual technology and a creative

environment that brings together community, local agriculture and learning. Culinary delights are created with our field-to-fork vision in mind and prepared on location by Executive Chef Raul Sojo and his team of skilled staff and students.

Visit www.durhamcollege.ca/catering to learn more about how the CFF can help make your next event a memorable one!

UPCOMING EVENTS

W. GALEN WESTON CENTRE FOR FOOD

Spring Open House – Saturday, March 25

Epic Mac n' Cheese Competition – Saturday, April 8

Pop-up Bake Shops – Saturday, April 8, 2017

Visit durhamcollege.ca/cff for more information.

BISTRO '67

Burger Tuesdays – feature burger and local beer or cocktail for \$16 from 5 to 8 p.m.

It Takes Two, Baby – On Wednesday evenings, two can dine for \$50 from a menu designed for sharing that will delight your taste buds.

Wine and Cheese Thursdays – cheese board and two glasses of local feature wine for \$25.

Jamie Kennedy Thursdays – March 16

Jamie Kennedy Thursdays – April 13

Easter Brunch – Sunday, April 16, 2017

Spring menu launch – Saturday April 22, 2017

Mother's Day Brunch – Sunday, May 14

Summer menu launch – Saturday, July 8

Bistro '67 100-Mile Dinner – Thursday, July 20

Visit www.bistro67.ca for more information or email info@bistro67.ca to make a reservation.

COOKING EXPERIENCE CLASSES

Meals for a Month – Spring Sensations! – Saturday, March 18

Same Grape, Different Expressions – Friday, March 24

Beer Pairing and Tasting – Saturday, April 1

Pasta Making – Saturday, April 22

Make It Maple – Saturday, April 27

Beer Tasting for Women – Friday, May 5

Bake Up Mother's Day Magic – Saturday, May 13

Gluten-free Cooking – Saturday, June 3

Give Dad a Father's Day Grilling Lesson – Saturday, June 17

Celebrate Canada's 150th – Saturday, June 24

Visit www.durhamcollege.ca/cff/coned for more information.

'From field to fork'



**JOIN CELEBRITY CHEF
JAMIE KENNEDY
FOR A UNIQUE
FOUR-COURSE MEAL**

**JAMIE KENNEDY THURSDAYS
MARCH 16, APRIL 13**

To make a reservation,
visit www.bistro67.ca